

BACK COUNTRY EXPEDITION CHECKLIST

Back country expeditions are required to comply with National Park Service (NPS) Public Health Guidelines (NPS-83). This checklist is meant to highlight the most important provisions relevant to back country conditions and to provide guidance consistent with existing NPS public health policy. **The back country expedition needs to comply with all items on this checklist.**

POTABLE WATER

___ Water used for drinking, and culinary purposes is obtained from an approved public system or from a source known to be free of chemical contamination and treated by:

___ Boiled by bringing to a rolling boil for 1 minute (Add an additional minute for each 1,000 feet above sea level) **or**

___ Filtered through an "Absolute" 1 micron filter, or one labeled as meeting American National Standards Institute (ANSI/NSF) (formerly the National Sanitation Foundation) International Standard #53 for "Cyst Removal" followed by disinfection using household liquid chlorine bleach. Add 8 drops of bleach or 20 drops of tincture of iodine per gallon of water and let stand for 30 minutes.

___ Water storage containers are free of contamination when in use and washed and sanitized as needed.

WASTE DISPOSAL

___ All human, food and solid wastes are disposed of in a manner consistent with NPS-Public Health, park policy and all applicable health and environmental laws and regulations.

___ In environmentally sensitive areas such as river corridors, etc., human feces and other solid wastes are either disposed onsite in approved facilities or transported offsite to approved facilities.

HAND WASHING- GUESTS

___ The guest hand washing station is near toilet facilities. Air drying of hands is okay for guests.

___ The setup does not involve dipping into the clean water container.

___ The 62% alcohol hand washing product is acceptable.

___ Guests are instructed on the importance of hand washing after using the toilet facilities.

HAND WASHING- FOOD HANDLERS

___ Hand washing station is convenient to food preparation area.

___ The setup does not involve dipping into the clean water container.

___ The water is either potable (see above) or treated with at least 100 ppm liquid chlorine bleach or another approved disinfectant and let stand for 30 minutes.

___ If sufficient treated water is not available, the 62% alcohol hand washing product is acceptable.

___ Appropriate disinfectant test strips are used to check disinfectant concentration if potable water is not used.

___ Soap and paper towels are provided.

___ Food handlers wash their hands frequently and; before handling food; after handling raw meat; after eating, drinking, and smoking; and any other time their hands become contaminated.

FOOD HANDLERS

___ At least one guide is a certified food handler.

___ Any food handler who is ill or who has open unprotected cuts or sores is not allowed to prepare food.

___ Food handlers are not allowed to snack while preparing meals.

FOOD STORAGE

___ Toxic materials are stored separately from foods.

___ Potentially hazardous food (including raw eggs) are stored at or below 41⁰ F .

___ Approved thermometers are available and used frequently to check cooler temperatures.

___ Raw meats are stored so that they will not contaminate other foods. (They should be stored in separate coolers. When this is not practical, they may be stored in leak proof containers at the bottom of coolers containing other foods.)

___ Packaged foods are not stored in contact with ice or water. (unless the packages are waterproof).

___ Unpackaged foods are not stored in direct contact with undrained ice. (except raw fruits and vegetables).

FOOD PREPARATION

___ All foods are obtained from an approved source.

___ Potentially hazardous foods are stored in the temperature danger zone (41⁰-140⁰ F) for no longer than 4 hours.

___ Raw animal foods such as meat, poultry, fish, eggs, and foods containing these raw animal foods are cooked thoroughly (especially ground beef and chicken). The minimum cooking temperatures specified in NPS-Public Health Guidelines should always be attained.

___ Raw eggs are not pooled unless they are to be thoroughly cooked promptly after pooling. Pasteurized egg products are recommended for such use in the back country.

___ Potentially hazardous foods are not held for re-service.

___ Frozen potentially hazardous foods are not thawed at ambient temperatures. Thawing in coolers is recommended.

___ Raw fruits and vegetables are washed. (This may be done before an outing in an inspected facility.)

___ Cutting boards, knives, etc. used for preparing raw meats, poultry, and fish are thoroughly sanitized before being used for the preparation of other food.

___ Approved food thermometers are available and used frequently for measuring food temperatures during cooking and holding.

SANITIZING

___ Dishes, utensils, etc are sanitized in a minimum three-compartment arrangement.

___ Wash container contains an approved detergent and hot water.

___ Wash water is changed when it becomes dirty.

___ Rinse container contains hot water.

___ Rinse water is changed when soap and/or grease begin to accumulate on the surface to prevent carryover into the sanitizing water.

___ Sanitizing container contains at least 50-100 PPM chlorine (1 capful of household bleach per gallon of water) or another approved sanitizer.

___ appropriate test strips are used to check the disinfectant concentration.

___ Dishes and utensils are air-dried.

___ Food-contact surfaces and nonfood-contact surfaces are properly sanitized.

___ Wiping cloths are stored in a 50-100 PPM chlorine solution (1 capful of household bleach per gallon of water) or in another approved sanitizer.

___ Sanitizing water is changed when it becomes dirty.

___ Wiping cloths are either discarded or washed when soiled.

If you have any questions, please contact your Regional Public Health Consultant or park Sanitarian, or call WASO Public Health for more information at **202-565-1120** or see our NPS Public Health web page at www.nps.gov/public_health/.

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**(RIVER EXPEDITIONS,
BACK PACKING, ETC.)**



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May, 1998



